

January 2014 Results

Includes Strive, 5km Parkruns and others where MAWA athletes are known to have competed

Note that all records are pending until ratified by the appropriate authorities

ECAC – January 2

400m

Tony Smith	M35	63.1	
Colin Smith	M50	65.7	
Rob Colton	M50	66.7	
Sharon Davis	W40	67.2	
John Fisher	M50	85.8	
Christine Oldfield	W65	1:49.2	

100m

Colin Smith	M50	15.2	
Nick Fairweather	Vis	15.3	
Jim Woosley	Vis	16.4	

Fran Cherry	W50	17.0	
Bruce McGeorge (NT)	M55	18.0	
David Carr	M80	18.4	
John Fisher	M50	19.4	

5000m

Tony Smith	M35	19:55.7	
Rob Colton	M50	21:00.0	
Mike Meredith	Vis	22:08.3	
Michael Lee	M60	22:09.8	PBA
Dave Lee	Vis	22:10.8	
Sue Bourn	W45	22:43.5	
John Fisher	M50	24:10.9	
Kem Hassan	M40	27:10.5	
Bruce McGeorge (NT)	M55	27:46.8	

1500m

Tony Smith	M35	5:24.8	
Rob Colton	M50	5:40.5	
John Fisher	M50	6:26.9	
David Carr	M80	7:04.8	
Kem Hassan	M40	7:51.4	
Delia Baldock	W50	8:00.9	SB

1500m walk

John Smith	M75	11:42.6	
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3000m walk

Michael Horner	Vis	17:42.8	
John Smith	M75	24:46.6	

High Jump

David Carr	M80	0.80	
Carmel Meyer	W50	1.05	
Giovanni Puglisi	M60	1.15	
Colin Smith	M50	1.15	
Gay Wyatt	W55	1.10	PBA=
Rob Colton	M50	1.05	
Dave Wyatt	M60	1.30	

Long Jump

Jim Woosley	Vis	3.40	
Fran Cherry	W50	3.37	
Rob Colton	M50	3.97	
Giovanni Puglisi	M60	3.59	SB
Nick Fairweather	Vis	3.72	
Gay Wyatt	W55	3.52	PBA

WAAS – January 3 (special meet)

1500m

Scott Tamblin	M30	3:58.09	
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ECAC – January 9

200m

Chris Neale	Vis	26.7	
Colin Smith	M50	27.1	
Campbell Till	M55	27.3	SB
Jim Woosley	Vis	34.5	

Lisa Limonas	W40	31.4	
Kristy Devereux	W30	32.8	
Carmel Meyer	W50	35.2	
David Carr	M80	38.7	

Rob Colton	M50	30.9	
Nick Fairweather	M60	33.8	
Julie Willmott	W45	35.5	SB
Rebecca MacKinnon	W30	46.3	

Bob Colligan	Vis	35.3	
Liam Colligan	Vis	43.0	
Christine Oldfield	W65	49.8	

800m walk

John Smith	M75	5:59.1	
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3000m walk

Robin King	W50	22:14.2	
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2000m walk

John Smith	M75	15:15.8	
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800m

Giovanni Puglisi	M60	2:45.5	
Rob Colton	M50	2:57.2	
John Fisher	M50	3:06.3	
David Carr	M80	3:15.2	
Kem Hassan	M40	3:17.2	PBA

Lisa Limonas	W40	3:14.5	
Julie Willmott	W45	3:15.6	
Carmel Meyer	W50	3:19.1	
Kristy Devereux	W30	3:31.2	

Bob Colligan	Vis	3:13.3	
Delia Baldock	W50	3:28.2	SB
Tina Runnion	W50	3:42.9	
Liam Colligan	Vis	3:59.5	
Rebecca MacKinnon	W30	4:01.1	

3000m

Bob Colligan	Vis	14:12.1	
John Fisher	M50	14:12.3	
Rob Colton	M50	14:26.5	
Carmel Meyer	W50	15:36.3	
Kem Hassan	M40	15:43.2	
David Carr	M80	16:05.8	SB
Tina Runnion	W50	17:05.3	

60m

Colin Smith	M50	8.5	
Campbell Till	M55	8.5	
Rob Colton	M50	9.1	
Nick Fairweather	M60	10.6	
Jim Woosley	Vis	10.7	

Lisa Limonas	W40	9.5	
Giovanni Puglisi	M60	9.8	
Fran Cherry	W50	10.2	
Julie Willmott	W45	10.5	SB=

Kristy Devereux	W30	9.6	
David Carr	M80	11.1	SB
Liam Colligan	Vis	11.7	
John Fisher	M50	11.9	

Discus

Matt Staunton	M40	38.37	
Andrew Ward	M50	28.67	
Geoff Brayshaw	M60	33.80	

Long Jump

Dave Wyatt	M60	4.80	
Gay Wyatt	W55	2.92	
Jim Woosley	Vis	3.36	
Lisa Limonas	W40	4.08	
Nick Fairweather	M60	3.66	
Fran Cherry	W50	3.54	
Giovanni Puglisi	M60	3.55	
Greg Brush	M45	5.70	SB
Chris Neale	Vis	5.15	
Rob Colton	M50	4.14	PBA
Geoff Brayshaw	M60	4.33	SB
Campbell Till	M55	4.60	
Colin Smith	M50	3.93	

Weight Throw

Matt Staunton	M40	12.90	SR
Andrew Ward	M50	9.26	

ECAC - 16 January**400m**

Kim Thomas	M40	66.3	
Suzi Graves	W45	70.1	
Mitch Thomas	VIS	73.5	
Kristy Devereux	W30	77.5	
Julie Willmott	W45	82.9	
Geoff Brayshaw	M60	85.9	
Maurice Creagh	M65	1:32.0	
Monique Thomas	W35	1:49.3	SB

2000m

Mitch Thomas	VIS	7:26.0	
Kim Thomas	M40	7:26.6	
Mike Meredith	VIS	8:14.9	
Maurice Creagh	M65	9:11.7	
Monique Thomas	W35	11:29.8	
Carolyn Fawcett	W60	12:25.6	

2000m walk

Sue Coate	W45	13:35.2	
John Smith	M75	16:05.1	

1500m walk

John Smith	M75	12:23.2	
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100m

Kim Thomas	M40	14.8	SB
Rob Colton	M50	15.0	
Kristy Devereux	W30	15.5	
Fran Cherry	W50	16.3	
Maureen Keshwar	W60	16.8	
Mitch Thomas	VIS	18.2	

Triple Jump

Colin Smith	M50	8.96	
Fran Cherry	W50	7.27	SB
Rob Colton	M50	8.32	PBA

Javelin

Suzi Graves	W45	21.44	
Andrew Ward	M50	33.34	SB
Steve Fuller	M60	29.36	
Sue Coate	W45	20.61	
Julie Willmott	W45	14.72	
Geoff Brayshaw	M60	32.33	SB

1500m

Sue Bourn	W45	6:08.2	71.49	
David Carr	M80	6:42.4	84.13	
Carmel Meyer	W50	6:50.8	69.10	
Tina Runnion	W50	7:37.3	61.27	
Delia Baldock	W50	7:49.8	59.64	SB
Monique Thomas	W35	8:09.1	48.67	
Christine Oldfield	W65	8:21.5	71.52	
Carolyn Fawcett	W60	9:27.8	57.49	
Lynne Schickert	W70	10:21.4	61.79	

Kim Thomas	M40	4:56.3	74.06	SB
Mitch Thomas	VIS	5:16.6		
Giovanni Puglisi	M60	5:22.4	82.75	PBA
Rob Colton	M50	5:25.0	74.16	PBA
Campbell Till	M55	5:32.9	76.26	PBA
Colin Smith	M50	5:39.9	71.52	PBA
Suzi Graves	W45	5:42.2	77.87	
Mike Meredith	VIS	6:02.9		
Steve Fuller	M60	6:03.3	72.85	
Ivan Brown	M65	6:14.6	75.42	SB
Maurice Creagh	M65	6:20.7	72.98	
Bob Schickert	M70	6:37.8	73.85	SB
Cathy McCloskey	W50	6:43.9	68.49	

High Jump

Colin Smith	M50	1.25	63.13	PBA=
David Carr	M80	0.75	56.39	
Ivan Brown	M65	1.10	69.18	
Carmel Meyer	W50	1.05	65.22	
Campbell Till	M55	1.45	77.54	
Cathy McCloskey	W50	1.15	68.45	PBA
Giovanni Puglisi	M60	1.10	63.22	
Gay Wyatt	W55	1.10	74.32	PBA=
Steve Fuller	M60	1.15	65.34	
Sue Coate	W45	1.15	65.71	
Rob Colton	M50	1.10	55.00	SB
Delia Baldock	W50	1.10	66.27	
Kim Thomas	M40	1.25	56.31	

Shot Put

Andrew Ward	M50	8.05	
Julie Willmott	W45	5.69	PBA

ECAC - 23 January

800m				200m				% points	
Kim Thomas	M40	2:29.8		Colin Smith	M50	26.5	85.17	SB	
Rob Colton	M50	2:37.3		Campbell Till	M55	27.3	85.57	SB=	
Suzi Graves	W45	2:39.2		Kim Thomas	M40	29.0	71.83	PBA	
Colin Shaw	M50	2:50.1	PBA	Rob Colton	M50	30.1	74.49	PBA	
Eldon George	M40	3:00.5		Cathy McCloskey	W50	30.6	83.20	PBA	
Jane Lockwood	VIS	3:03.2		Steve Fuller	M60	28.9	83.56	SB	
Maurice Creagh	M65	3:07.3		Giovanni Puglisi	M60	30.7	79.71	PBA	
Julie Willmott	W45	3:13.5		Geoff Brayshaw	M60	31.0	79.45	SB	
Thomas Samsa	VIS	2:47.7		Julie Willmott	W45	33.7	73.80	PBA	
Hannah Samsa	VIS	3:03.0		David Carr	M80	34.2	90.82	SB	
Kristy Devereux	W30	3:15.2	SB	Suzi Graves	W45	31.0	79.32		
Alex Purcell	VIS	3:20.8		Kristy Devereux	W30	31.7	67.32	SB	
Robin King	W55	3:23.8		Sue Bourn	W45	31.8	76.45	SB	
Jessica Bates	VIS	4:02.3		Carmel Meyer	W50	32.3	81.39	SB	
Christine Oldfield	W65	4:11.1		Jane Lockwood	VIS	33.8			
800m walk				100m					
John Smith	M75	5:45.9		Thomas Samsa	VIS	13.9			
				Rob Colton	M50	14.4			
				Colin Shaw	M50	15.0			
				Kristy Devereux	W30	15.3	SB		
				Fran Cherry	W50	16.0			
				Alex Purcell	VIS	15.4			
				Hannah Samsa	VIS	16.2			
				Bob Fawcett	M60	19.4	SB		
				John Fisher	M50	19.5			
				Julie Willmott	W45	16.2	SB		
				Maureen Keshwar	W60	16.2	SB		
				Lynne Schickert	W70	22.4	SB		
				Carolyn Fawcett	W60	22.6	SB		
3000m				Long Jump				% points	
Kim Thomas	M40	10:52.8		Bob Schickert	M70	2.16	42.35		
Bert Carse	M70	12:15.6	PBA	Lynne Schickert	W70	2.27	54.70		
Mike Meredith	VIS	13:15.7		Geoff Brayshaw	M60	4.07	69.69		
Eldon George	M40	13:17.1		Giovanni Puglisi	M60	3.79	63.91	PBA	
Maurice Creagh	M65	13:32.8		Colin Shaw	M50	3.84	53.86		
Hannah Samsa	VIS	13:38.0		David Carr	M80	2.69	63.29		
John Fisher	M50	14:50.0		Carmel Meyer	W50	3.67	63.94	SB	
Thomas Samsa	VIS	17:50.6		Colin Smith	M50	4.00	56.82		
Monique Thomas	W35	19:45.3		Cathy McCloskey	W50	4.19	69.95		
Bob Fawcett	M60	20:00.5		Robert Colton	M50	3.48	48.81		
Carolyn Fawcett	W60	21:01.0		Fran Cherry	W50	3.27	54.59		
				Kim Thomas	M40	4.60	57.14		
				Campbell Till	M55	4.65	70.67	PBA	
				Steve Fuller	M60	3.63	59.31		
				Sue Bourn	W45	3.80	60.13	PBA	
				Ivan Brown	M65	3.06	56.88		
				John Dennehy	M50	3.16	46.75		
				Delia Baldock	W50	3.43	58.14		
				Jane Lockwood	VIS	3.56			
				Alex Purcell	VIS	3.19			
Weight Throw				2000m walk					
Andrew Ward	M50	10.19	PBA	John Smith	M75	15:58.4			
Oswald Igel	M60	11.61							

ECAC - 30 January**200m**

Lisa Limonas	W45	31.2	PBA
Alex Purcell	VIS	33.4	
Madison Good	VIS	33.9	

David Solomon	M45	28.7	
Maureen Keshwar	W60	35.8	PBA=
Bob Schickert	M70	36.1	
Jake Good	VIS	36.7	
John Fisher	M50	39.4	PBA

1500m

David Solomon	M45	5:39.8	
Michael Lee	W60	6:05.3	PBA
Maurice Creagh	M65	6:08.1	SB
John Fisher	M50	6:21.1	PBA
Jake Good	VIS	6:44.1	
Delia Baldock	W50	7:40.7	SB
Tina Runnion	W50	7:41.5	

1500m walk

John Smith	M75	12:08.5	
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60m

David Solomon	M45	8.7	SB=
Cathy McCloskey	W50	8.8	
Lisa Limonas	W45	9.4	
Alex Purcell	VIS	9.6	
Maureen Keshwar	W60	10.1	
John Fisher	M50	11.4	SB

Long Jump

Alex Purcell	VIS	3.45	
Lisa Limonas	W45	4.21	PBA
Greg Brush	M45	5.62	
Cathy McCloskey	W50	4.04	

2000m

David Solomon	M45	8:14.2	
Madison Good	VIS	8:14.7	
Michael Lee	M60	8:15.3	
John Fisher	M50	9:27.4	

2000m walk

John Smith	M75	16:16.1	
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Shot Put

Andrew Ward	M50	8.50	
Todd Davey	M45	13.45	SR
Jessica Siviour	VIS	12.64	
Matt Staunton	M40	12.51	PBA

Please note that the pentathlon results are not valid for state records because there were no markings on the javelin runway. I have accepted them as personal landmarks (SB, PBA) – John Oldfield

Pentathlon		pts	
Melissa Foster	W35	2423	
Emma Hall	VIS	1227	
Monique Thomas	W35	330	PBA
Julie Willmott	W45	1553	PBA
Carmel Meyer	W50	2276	
Fran Cherry	W50	1903	
Carol Bowman	W55	1515	
Carolyn Fawcett	W60	686	
Lynne Schickert	W70	1383	
Garry Vogler	VIS	1264	
Kim Thomas	M40	2200	PBA
Kem Hassan	M40	436	
Rob Colton	M50	1793	
Steve Fuller	M60	2840	PBA
Geoff Brayshaw	M60	2119	
Bob Fawcett	M60	694	PBA
Bert Carse	M70	2395	
David Carr	M80	2450	

Full details of pentathlons are on the following page

Pentathlon		LJ	JT	200	DT	1500
Garry Vogler	M35	3.49m	12.65m	28.2	15.50m	5:16.8
1264		145	67	377	193	482
Kim Thomas	M40	4.50m	33.97m PBA	29.5	22.41m	4:46.3 PBA
2200		363	397	351	361	728
Kem Hassan	M40	2.46m	ND	36.9	16.26m	6:55.1
436		32	0	32	233	139
Rob Colton	M50	3.63m	18.88m PBA	31	18.07m	5:20.0 PBA
1793		281	204	381	243	684
Steve Fuller	M60	4.00m PBA	30.91m	29.1	28.71m	5:46.5 PBA=
2840		508	496	650	474	712
Geoff Brayshaw	M60	4.17m	30.55m	32	33.16m	9:03.3
2119		559	489	454	568	49
Bob Fawcett	M60	2.54m	15.68m	42.2	21.74m PBA	DNF
694		140	191	32	331	0
Bert Carse	M70	3.19m	17.65m	36.6	20.18m	5:44.6
2395		431	294	363	382	925
David Carr	M80	2.56m	15.59m	35	14.28m	7:59.9
2450		398	337	722	338	655

		100	SP	LJ	JT	800
Melissa Foster	W35	13.2	9.60m PBA	5.42m PBA	25.67m	DNF
2423		716	526	756	425	0
Emma Hall	W35	15.9	7.15m	3.62m	10.89m	3:30.7
1227		330	361	263	134	139
Monique Thomas	W35	20.3	5.14m PBA	2.04m	8.00m PBA	4:01.9
330		8	228	1	79	14
Julie Willmott	W45	16.7	5.74m PBA	2.82m	14.35m	3:09.3 SB
1553		377	325	165	250	436
Carmel Meyer	W50	15.7 SB=	7.42m PBA	3.32m	16.93m SB	3:08.2
2276		584	487	345	331	529
Fran Cherry	W50	15.3	6.38m	3.43m	11.12m	3:36.1
1903		639	402	379	190	293
Carol Bowman	W55	18.4	5.12m PBA	2.46m	10.80m	3:24.4
1515		344	336	159	208	468
Carolyn Fawcett	W60	25.7	4.98m	1.83m	9.72m	4:42.9 PBA
686			0	365	50 196	75
Lynne Schickert	W70	23.0	5.13m SB	2.35m	8.70m	5:07.0
1383		194	498	303	235	153

Results from Bunbury meetings (MAWA members only)

Bunbury – Weight Pentathlon, December 17

NAME		Hammer	Shot	Discus	Javelin	Weight	Total Points
Paula Kennedy points	W45	22.99m SB 477	9.25m 598	23.00m 420	25.18m SB 504	9.02m SR 596	2595 SR

**No other Bunbury results have been received this month.
January results will appear next month, together with those from February**

PARKRUNS

FREE, timed 5km runs, 8am every Saturday (9am UK)

New Club Bests are highlighted in sky blue

CLAISEBROOK COVE:

Run 75 – January 4; 244 finishers

47	John Oldfield	M70	21:44	81.13%	PB
87	Hamish McLeod	M35	24:09	55.69%	
89	John Fisher	M50	24:14	62.86%	
128	Eamonn McNulty	M50	26:15	59.56%	
136	Simon Leonard	M50	26:40	57.12%	PB
145	Jon Storey	M45	27:40	49.34%	
177	John Talbot	M65	30:36	55.83%	
179	Christine Oldfield	W65	30:41	71.37%	PB

Run 76 – January 11; (153)

29	Rod Hamilton	M50	21:27	69.31%	
40	Frank Gardiner	M60	23:03	72.09%	
67	John Fisher	M50	25:14	60.37%	
77	John Oldfield	M70	26:34	66.37%	
122	Christine Oldfield	W65	31:56	68.58%	

Run 77 – January 18; (201)

19	Rod Hamilton	M50	20:27	72.70%	
87	Bryan Hardy	M70	26:57	65.43%	
95	Simon Leonard	M50	28:08	54.15%	
104	Jon Storey	M40	28:21	48.15%	PB
112	Sam Farman	W45	29:17	56.57%	
114	John Talbot	M65	29:23	58.14%	

Run 78 – January 25; (205)

17	Rod Hamilton	M50	20:56	71.02%	
42	Michael Lee	M60	22:42	73.20%	
81	Bryan Hardy	M70	25:49	68.30%	
89	John Fisher	M50	26:15	58.03%	
103	Jon Storey	M40	27:20	49.94%	PB
147	Christine Oldfield	W65	31:23	69.78%	
167	Dutch Holland	M40	34:16	40.85%	

AVELEY:

Run 27 – January 11; 59 finishers

7	Michael Lee	M60	22:08	75.08%	
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Run 28 – January 18; (61)

2	Anthony Smith	M40	18:33	75.29%	PB
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Run 29 – January 25; (71)

2	Anthony Smith	M40	19:17	72.43%	
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PIONEER, GOSNELLS:

Run 1 – January 11; 90 finishers

1	Anthony Smith	M40	19:19	72.30%	
9	Steve Chilcott	M30	22:24	57.74%	PB
14	Jim Farr	M45	24:10	59.59%	
30	Adrian Kenny	M40	27:53	48.95%	
36	Jon Storey	M45	28:36	47.73%	
57	Bob Fawcett	M60	35:46	46.46%	
61	Carolyn Fawcett	W60	37:12	52.91%	

Run 3 – January 25; (57)

1	Kim Thomas	M40	18:18	74.59%	
10	Jeremy Savage	M35	23:41	56.79%	
25	Kelly Underwood	W35	29:51	50.08%	
27	Monique Thomas	W35	30:58	48.44%	
33	Bob Fawcett	M60	34:07	48.77%	
35	Carolyn Fawcett	W60	35:46	55.03%	

CANNING RIVER:

Run 31 – January 1; 133 finishers

5	Tony Smith	M40	19:28	71.75%	
8	Bjorn Dybdahl	M60	20:34	77.96%	
20	John Oldfield	M70	22:17	79.13%	
26	Jennifer Williams	W65	23:19	89.64%	PB
33	John Fisher	M50	23:53	63.78%	PB
44	John Bell	M65	25:04	68.82%	PB
47	Carol Bowman	W55	25:16	74.67%	
54	Eamonn McNulty	M50	26:12	59.67%	
74	Kem Hassan	M40	28:04	50.12%	
79	Adrian Kenny	M40	28:23	48.09%	
86	Jane Elton	W45	28:56	55.41%	
93	Merv Jones	M70	30:27	61.19%	
102	Christine Oldfield	W65	31:13	69.71%	
126	Sheila Maslen	W75	40:52	59.34%	PB

Run 32 – January 4; (143)

4	Paul Odam	M50	19:33	77.92%	
14	Ross Keane	M50	20:43	72.33%	PB
(49)	Bruce McGeorge NT	M55	26:35	59.81%	
50	Kem Hassan	M40	26:37	52.85%	
66	Merv Jones	M70	29:17	63.63%	PB
80	Delia Baldock	W50	32:11	52.72%	
120	Sheila Maslen	W75	40:53	59.32%	
136	Adrian Kenny	M40	49:33	27.55%	

Run 33 – January 11; (84)

2	Todd Ingraham	M35	16:56	80.02%	PB
11	Paul Odam	M50	19:41	77.39%	
53	Kem Hassan	M40	32:30	43.28%	
75	Bob Neville	M80	44:00	47.77%	PB

Run 34 – January 18; (115)

1	Kim Thomas	M40	17:53	76.33%	PBA
31	Liz Neville	W60	25:37	76.84%	
55	Merv Jones	M70	29:43	62.70%	
57	Monique Thomas	W35	30:13	49.64%	
65	Delia Baldock	W50	31:39	53.61%	
67	Stuart MacKinnon	M30	31:54	40.75%	
102	Sheila Maslen	W75	42:08	58.58%	

Run 25 – January 25; (96)

56	Stuart MacKinnon	M30	32:23	40.14%	
82	Sheila Maslen	W75	42:12	58.49%	

ROCKINGHAM:

Run 36 – January 4; (182)

20	Lisa Limonas	W40	24:38	64.48%	PB
47	Kristy Devereux	W30	27:05	54.65%	PB
99	Bob Fawcett	M60	32:03	51.85%	PB
115	Carolyn Fawcett	W60	34:31	57.03%	PB

Run 37 – January 11; (133)

33	Kristy Devereux	W30	27:41	53.46%	
55	Tina Runnion	W50	31:14	54.32%	

Run 38 – January 18; (184)

31	Kristy Devereux	W30	26:00	56.93%	PB
77	Tina Runnion	W50	29:56	56.68%	PB
108	Carolyn Fawcett	W60	34:46	56.62%	

Run 39 – January 25; (215)

42	Lisa Limonas	W45	26:07	60.82%	
179	Ray Hall	M80	43:35	48.22%	

BUNBURY:**Run 11 – January 4; 60 finishers**

47	Leon Sander	M75	32:54	58.61%
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Run 12 – January 11;

20	Garry Hastie	M50	26:55	
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Run 13 – January 18; (46)

20	Garry Hastie	M50	27:27	54.58%
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Run 14 – January 25; (27)

1	Steve Chilcott	M30	21:22	60.53% PB
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21	Leon Sander	M75	30:52	62.47% PB
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KALGOORLIE:**Run 14 – January 1; 15 finishers**

5	Mick O'Toole	M35	22:15	60.90%
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Run 15 – January 4; (128)

9	Mick O'Toole	M35	22:28	60.31%
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Run 17 – January 18; (142)

8	Mick O'Toole	M35	22:19	60.72%
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Run 18 – January 25; (117)

4	Danny Sheehan	M60	20:06	79.77%
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10	Mick O'Toole	M35	22:01	61.54%
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KAWANA (QLD):**Run 65 – January 4; 217 finishers**

115	Sam Farman	W45	28:51	57.42%
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